

# Cardiovascular Health in Missouri



## Are you at risk for having a stroke?

### Non-modifiable Risk Factors

- ♥ Age
- ♥ Race/Ethnicity
- ♥ Sex
- ♥ Family history

### Modifiable Risk Factors

- ♥ **HYPERTENSION**
- ♥ Smoking
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ Physical inactivity
- ♥ Poor nutrition

## Stroke Warning Signs

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion or trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Call **9-1-1** immediately if you experience these symptoms. Receiving treatment within **three hours** can greatly reduce the risk of permanent damage.

## Did you know?

Stroke is the **3<sup>rd</sup>** leading cause of death in Missouri and the United States. Stroke accounted for 6.4% of Missouri's deaths in 2003.

African-Americans have a **higher** mortality rate from stroke than Caucasians, especially before age 65.

Missouri ranked **18<sup>th</sup>** nationally in stroke mortality in 2000 (66.1 deaths per 100,00 population).

### Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information, Management and Evaluation: Missouri Information for Community Assessment